

Campus Wellness Plan

2019 - 20

Woodland Acres Middle School

- ❖ Federal Public Law (PL 108.265 Section 204) states all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring and implementing the local wellness policy.

Mission Statement

- ❖ Galena Park I.S.D. implements a comprehensive wellness plan that encourages healthy eating and physical fitness in order to reduce childhood obesity and to prepare students to become healthy productive citizens and lifelong learners. At the campus level, we also promote healthy lifestyles that incorporate physical fitness, good eating habits and positive wellbeing.

Health Education

- ❖ Health, wellness and CATCH program information will be shared with faculty, staff, students and parents during staff development meetings, daily announcements, monthly nutrition information on our school website, school newsletters, Coffee with the counselor meetings and classroom curriculum under TEKS guideline, nutrition education implemented during P.E classes per CATCH program, and the We Can nutrition program that is offered to selected students every year. 8th grade Science Class will implement the “Choosing Your Best Life” curriculum with parental consent and all P.E. students will be trained in CPR technique yearly.

Physical Education

- ❖ Staff, students and parents will be educated on health related topics presented during the school year and the importance of complimenting Health and Nutritional education with physically active lifestyles by offering age appropriate physical activity for students 6-8, P.E as per schedule daily or per semester for 45 minutes, athletics – football, volleyball, basketball and track & field, dance team, cheer and Fitness Gram in each P.E. class or athletics, grades 6-8 every year. Grades 6-8 will be encouraged to participate in our Learning Leadership Officer Training Corps Program.
- ❖ Woodland Acres will encourage staff to participate in physical activity by implementing staff against Student sporting events – volleyball, basketball and dodge ball, biggest Loser Challenge, Zumba, track use and weight room and gym equipment use.

Nutrition Standards

- ❖ Healthy eating patterns are essential building blocks to achieve academic standards, fulfill physical and mental growth and to maintain lifelong wellbeing.
- ❖ Woodland Acres offers students, staff and parents the opportunity to participate in the National School Breakfast, Lunch and Snack Program to provide healthy and quality nutrition. Free, reduced or sensible

low cost, nutritional meals will be offered during lunch for all students, staff and parents. Meal programs will be implemented at selected locations to ensure the opportunity of continuation of proper nutrition during summer months and free breakfast will be issued to all students, grades 6-8, during the school year.

- ❖ Woodland Acres will follow the guidelines set per USDA and TDA to assure that all meals meet nutritional and safety standards to protect the health of students, staff and parents from food borne illness. Foods prepared at home will not be allowed to be shared on campus. Students will be encouraged to develop the healthy practice of washing hands before eating each meal by not being allowed to share foods and drinks that are not provided by the school's food service during the school day at any time.
- ❖ Yearly Nutrition Survey will be offered, from the Nutrition Department for all students, staff and parents, in order to allow for positive input on favorite local, cultural and ethnic based nutritional meals.
- ❖ Pleasant eating environment will be administered to all students, staff and parents by not withholding food as a reward or punishment, scheduling enough time for students to consume meals, giving suitable time for eating breakfast after being served - 10 minutes for breakfast and 20 minutes for lunch, by not scheduling tutorials, pep rallies, club/organization meetings and other activities during meal consumption and by encouraging students to socialize while implementing proper conduct and voice levels in the cafeteria.

Other School Related Activities

- ❖ Positive Wellbeing and Environmental Awareness is offered through counseling services and support staff in order to implement positive self – image and environmental awareness by having monthly character education academic curriculum, daily announcements to encourage all students to have a safe and enjoyable stay during the school day, to encourage students to verbalize any concerns or issues that may affect their wellbeing, to a trusted adult, staff member, teacher, counselor or administrator and implement individual and group counseling sessions as needed.
- ❖ The school district and each campus will have an active School Health Advisory Council that supports initiatives related to student health and wellness by implementing a health advisory council, **SHAC** committee that is composed of the Director and Coordinator of Student Support and Health Services, Athletic Coordinator, Food Services Director, Health and Science Program Director, parents, school district staff and members of the community.
- ❖ At the campus level wellness committee will consist of the Cafeteria Manager, Health Teacher, Physical Education teacher, Campus Administrator, classroom teacher, nurse and parent to ensure that the campus implements and meets the G.P. I. S. D. wellness policy requirements, evaluates and measures the Campus Wellness Plan then report results to the Superintendent and SHAC committee annually.